

## AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions and listings of claims in the application.

### Listing of Claims:

1-53. (canceled)

54. (currently amended) ~~The method of claim 53~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by  
modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by  
modifying said first image based on said second data set;

displaying said second image; and

calculating an ideal weight and an estimated body fat percentage for said person;

wherein said estimated body fat percentage is calculated substantially according to the following equation:

Body Fat Percentage = (Essential Fat + Excess Fat) / Body Weight  
said Essential Fat being calculated substantially according to the following equation:

$$\text{Essential Fat} = ((\text{Age} \times 0.001625) + 0.0425) (\text{Ideal Weight}).$$

55. (canceled)

56. (currently amended) ~~The method of claim 55~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by

modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by

modifying said first image based on said second data set; and

displaying said second image;

wherein said creating a second image comprises calculation of an age factor; and

wherein said age factor is calculated substantially according to the following equation:

$$\text{Age Factor} = ( (-0.000438)\text{Age}^2 + (0.0439)\text{Age} ) - 1.$$

57-59. (canceled)

60. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by  
modifying a generic image based on said first data set;  
receiving a second data set comprising at least one goal desired from said regimen;  
creating a second image representative of said person in a post-regimen condition by  
modifying said first image based on said second data set; and  
displaying said second image;  
wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated  
based on at least one of the following factors:  
a base muscle gain factor;  
a supplement boost factor;  
a resistance compliance factor;  
an age factor;  
a nutrition factor; and  
a gender factor;

wherein said base muscle gain factor is selected from the group consisting of:

- 1/725 if said goal comprises muscle gain only;
- 1/1087 if said goal comprises muscle gain and fat loss;
- 1/1450 if said goal comprises fat loss only or health maintenance.

61. (currently amended) The method of claim 59 A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

- receiving a first data set associated with said person;
- said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;  
creating a first image representative of said person in a pre-regimen condition by  
modifying a generic image based on said first data set;  
receiving a second data set comprising at least one goal desired from said regimen;  
creating a second image representative of said person in a post-regimen condition by  
modifying said first image based on said second data set; and  
displaying said second image;  
 wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated  
based on at least one of the following factors:  
a base muscle gain factor;  
a supplement boost factor;  
a resistance compliance factor;  
an age factor;  
a nutrition factor; and  
a gender factor;

wherein a supplement boost is calculated substantially according to the following equation:

$$\begin{aligned}
 \text{Supplement Boost} = & 1.0 + ( (\text{Days of Resistance Training} / 7 \text{ days}) \\
 & \times (\text{Days of Supplementation} / 7 \text{ days}) \\
 & \times \text{Supplement Boost Factor} ).
 \end{aligned}$$

62. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive  
of a person's appearance resulting from following a prescribed regimen, said method  
comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;  
said body shape designation being representative of where fat is located on said person;  
creating a first image representative of said person in a pre-regimen condition by  
modifying a generic image based on said first data set;  
receiving a second data set comprising at least one goal desired from said regimen;  
creating a second image representative of said person in a post-regimen condition by  
modifying said first image based on said second data set; and  
displaying said second image;  
wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated  
based on at least one of the following factors:  
a base muscle gain factor;  
a supplement boost factor;  
a resistance compliance factor;  
an age factor;  
a nutrition factor; and  
a gender factor;

wherein said resistance compliance factor is calculated substantially according to one of the following:

(a) if said regimen comprises a number of days of resistance training per week which is greater than 4,

$$\text{Resistance Compliance} = ( \text{Days of Resistance Training} / 3 ) + 2.56667$$

(b) if said regimen comprises a number of days of resistance training per week which is less than or equal to 4,

Resistance Compliance = Days of Resistance Training.

63. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by  
modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by  
modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated  
based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said age factor is calculated substantially according to the following equation:

$$\text{Age Factor} = \text{Age}^2 (0.009835) + \text{Age} (-1.84086) + 84.54923.$$

64. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;  
said first data set comprising a body shape designation;  
said body shape designation being representative of where fat is located on said person;  
creating a first image representative of said person in a pre-regimen condition by  
modifying a generic image based on said first data set;  
receiving a second data set comprising at least one goal desired from said regimen;  
creating a second image representative of said person in a post-regimen condition by  
modifying said first image based on said second data set; and

displaying said second image;  
wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated  
based on at least one of the following factors:

a base muscle gain factor;  
a supplement boost factor;  
a resistance compliance factor;  
an age factor;  
a nutrition factor; and  
a gender factor;

wherein said nutrition factor is calculated substantially according to the following equation:

$$\text{Nutrition Factor} = \text{Days/Week on Nutrition Plan} (0.035714286) + 0.75.$$

65. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by

modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by

modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said gender factor is calculated substantially according to one of the following equations:

(a) if said person is a female,



Gender Factor<sub>female</sub> = 0.55;

(b) if said person is a male,

Gender Factor<sub>male</sub> = 1.0.

66. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by

modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by

modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said muscle gain is calculated substantially according to the following equation:

$$\begin{aligned} \text{Muscle Gained / Week} = & \left( \text{Resistance Compliance} \times \text{Base Muscle Gain Factor} \right) \\ & \times \text{Supplement Boost} \\ & \times \text{Age Factor} \\ & \times \text{Nutrition Factor} \\ & \times \text{Gender Factor.} \end{aligned}$$

67-76. (canceled)